



**James J. Tedesco, III**  
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**Department of Human Services**

**Melissa H. DeBartolo, Esq.**  
Director

**Division of Senior Services**  
Lorraine Joewono  
Director

The Senior Activity Center activities and programs are funded by the Bergen County, Division of Senior Services through the Older Americans Act, and are available at no charge for Bergen County residents 60 years old and over.



Bergen County Division of Senior Services supports and promotes diverse and inclusive communities, and does not discriminate based on age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race or sexual orientation in its provision of services or employment practices.

**Key Telephone Numbers**

**Division of Senior Services**  
Bergen ADRC (formerly NJ EASE)  
(201) 336-7400  
1-(877) 222-3737

**Meals on Wheels**  
(201) 336-7420

**Bergen County Housing Authority**  
(201) 336-7600

**Community Transportation**  
(201) 368-5955

**Division of Disability Services**  
(201) 336-6500

**Bergen County  
Board of Social Services**  
(201) 368-4200

**ELMWOOD PARK  
Senior Activity Center**

**ReMonia Thompson , Center Director**  
500 Mola Boulevard  
Elmwood Park, NJ, 07407

**Phone: (201)796-3342 • Fax (201) 475-9403**

**rthompson@bergencountynj.gov**

**Open: Monday-Friday, 8:00 AM - 3:30 PM**



**BERGEN NEW JERSEY**  
*County* James J. Tedesco III, County Executive

**Elmwood Park Senior Activity Center**  
Bergen County Department of Human Services  
Division of Senior Services/ADRC  
**February 2026**

<b>February 4</b>	<b>Senior Resources &amp; Information</b> w/ Meadowlands Family Success Center	<b>9:30am-11:00am</b>
<b>February 4</b>	<b>Presentation: "Learn How Canned Foods Can Be Nutritious"</b> w/ Kristiana Rufo, Inserra Supermarkets, ShopRite Maple & Hemlock	<b>12:30pm</b>
<b>February 6</b>	<b>Super Bowl Game Day</b>	<b>10:00am-11:30am</b>
<b>February 9</b>	<b>Tech Support</b> w/ Meadowlands Family Success Center	<b>12:15pm-1:45pm</b>
<b>February 10</b>	<b>Presentation: "Understanding Heart Health &amp; When To Seek Help"</b> w/ Bergen New Bridge Medical	<b>10:30am</b>
<b>February 11</b>	<b>Be My Valentine - Picture Day</b> w/ Oak Street Health	<b>9:30am-11:30am</b>
<b>February 12</b>	<b>Valentine 's Day Craft w/ Agata</b>	<b>10:00am</b>
<b>February 13</b>	<b>Valentine's Day Treats w/ Elmwood Park Police</b>	<b>12:30pm</b>
<b>February 16</b>	<b>Center Closed– Presidents Day</b>	<b>All Day</b>
<b>February 17</b>	<b>Blood Pressure Screenings</b> w/ B.C. Health Services	<b>9:30am</b>
<b>February 18</b>	<b>Bingo Bash!</b>	<b>12:45pm</b>
<b>February 19</b>	<b>Total Brain Health</b> w/ Agata	<b>12:30pm</b>
<b>February 20</b>	<b>AARP Safety Driver's Course</b>	<b>All Day</b>
<b>February 23</b>	<b>Tech Support</b> w/ Meadowlands Family Success Center	<b>12:15pm-1:45pm</b>
<b>February 24</b>	<b>50's Name That Tune</b>	<b>10:00am</b>
<b>February 25</b>	<b>Hand Massages</b> w/ Agata	<b>9:45am</b>
<b>February 25</b>	<b>Book Club!</b>	<b>1:00pm</b>
<b>February 26</b>	<b>Presentation: "Understanding Sugar &amp; Diabetes</b> w/ Oak Street Health	<b>12:30pm</b>
<b>February 27</b>	<b>Movie Day!</b>	<b>10:00am</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 1:00 Zumba Gold w/ Lourdes  Korean BBQ Chicken	3 9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Sound Bowls w/ Judith 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise  Ham Steak with Pineapple	4 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Senior Resources & Information 10:15 Zumba Gold w/ Lauren 12:30 Nutrition: "Learn How Canned Foods Can Be Nutritious"  Roast Turkey and Cheddar	5 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa  Italian Meatballs	6 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Super Bowl Game Day 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty  Stuffed Cabbage
9 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes  Salisbury Steak	10 9:30 Diamond Art 9:30 Jigsaw Jam 10:30 "Understanding Heart Health & When To Seek Help" 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise  Chicken Florentine	11 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Be My Valentine Day-Picture Day 10:15 Zumba Gold w/ Lauren  Chicken Cordon Bleu	12 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:00 Valentine's Day Craft w/ Agata 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa  Egg Salad Platter	13 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Valentines Day Hot Cocoa Bar 10:30 Line Dance w/ Elise 12:30 Valentine's Day Treats w/ Elmwood Park Police 1:00 Exercise Class w/ Katty  Chicken Parmesan
16  Center Closed	17 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Blood Pressure Screenings 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise  Sesame Chicken	18 9:30 Diamond Art 9:30 Jigsaw Jam 10:15 Zumba Gold w/ Lauren 12:15 February Birthdays Celebration 12:45 Bingo Bash!  Cheese Omelet	19 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Total Brain Health w/ Agata  Cheeseburger	20 8:30 AARP Safety Driver's Course 9:30 Diamond Art 9:30 Jigsaw Jam 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty  Breaded Fish Filet
23 9:00 Bergen County Senior Services Benefits Navigators 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Thai-Chi w/ James 12:15 Tech Support 1:00 Zumba Gold w/ Lourdes Chicken Tikka Masala  	24 9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Sound Bowls w/ Judith 10:00 50's Name That Tune 10:30 Movements To Dance w/ Gerri 12:30 Yoga w/ Elise  Stuffed Peppers	25 9:30 Diamond Art 9:30 Jigsaw Jam 9:45 Hand Massages w/ Agata 10:15 Zumba Gold w/ Lauren 1:00 Book Club!  Sliced Pork Loin	26 9:30 Diamond Art 9:30 Jigsaw Jam 9:30 Need-L-Wits 10:30 Movements To Dance w/ Gerri 12:30 Senior Fitness w/ Lisa 12:30 Presentation: "Understanding Sugar & Diabetes"  Pot Roast	27 9:30 Diamond Art 9:30 Jigsaw Jam 10:00 Movie Day! 10:30 Line Dance w/ Elise 1:00 Exercise Class w/ Katty  Seafood Salad
			<b>Continental Breakfast</b> Monday-Friday 8:00am-11:00am 	Suggested Lunch Donation: \$1.25 Per Meal Please reserve lunch by 11:30am the day before Lunch will Be Served at 11:45 Daily